



PUTTING PEOPLE FIRST



# CITY OF BIRMINGHAM

PUTTING PEOPLE FIRST

MAYOR RANDALL L. WOODFIN

April 10, 2020

Greetings!

The past few weeks have brought us new obstacles, both seen and unseen.

In the wake of COVID-19, we know how important it is to adhere to our shelter-in-place ordinance, but we also understand that it's not an easy task, especially for our children. It's a challenge to keep them engaged, enriched and educated during these unprecedented times, as well as provide support for the parents and guardians who care for them.

We're here to help.

The City of Birmingham has created its Stay-At-Home Family Activity Guide, a resource for families that includes sample daily schedules, recommended activities and links for resources to keep everyone connected and active.

Please note that this guide is just that, a guide. It's 100 percent optional. It's meant to be a starting point of what to do while many families are at home during this crisis. We want to encourage students to still do their class work and to follow whatever recommendations are presented by Birmingham City Schools. We are all a team working as one.

The guide encourages people to stay connected with not only loved ones via phone, email or a written note but to also drop a note to Birmingham's first responders, medical professionals and other essential workers working on the front lines during the COVID-19 crisis. Consider writing a letter or creating art work to let them know you are thinking of them or to thank them for their service. Anyone interested in doing this may send the messages to [opi@birminghamal.gov](mailto:opi@birminghamal.gov).

There are also links to exercise videos, free professional development instruction, favorite family past times and free music. Resources on education, virtual museum tours and more are available, too. This guide covers all ages, from children to elders. We hope visitors to the page will find the guide helpful and share it with others.

To view the complete guide, visit [birminghamal.gov/stayathome](http://birminghamal.gov/stayathome).

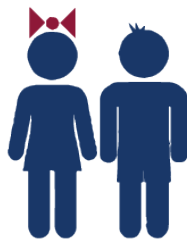
And remember, together, we're #BhamStrong.

Thank you,

A handwritten signature in black ink, appearing to read "R. Woodfin", is written over a horizontal line.

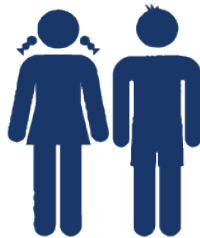
Mayor Randall L. Woodfin

# WHAT THIS GUIDE CONSISTS OF . . .



## **Elementary School-aged Youth**

- Activities Recommendations
- Sample Daily Schedule
- Resources List



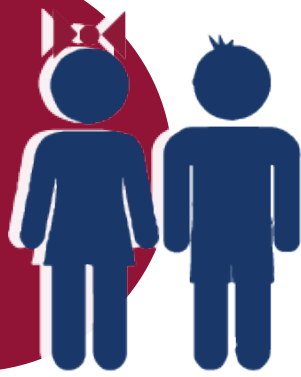
## **Teens and Tweens**

- Activities Recommendations
- Sample Daily Schedule
- Resources List



## **Adults and Seniors**

- Activities Recommendations
- Sample Daily Schedule
- Resources List



# ELEMENTARY SCHOOL-AGED YOUTH

## Activities Recommendations

### Athletics & Recreation

- Go outside & play
- Complete a scavenger hunt
- Complete an exercise video
- Play board games

### Technology

- Play video games
- Complete an exercise video

### Education

- Complete online assignments
- Watch educational videos
- Complete/create an online educational scavenger hunt

### Health & Wellness

- Have family time
- Take a nap
- Practice quiet time/meditate
- Reach out to a family member or friend via email or phone

### Cultural Arts

- Create arts and crafts

### Family Time

- Play board games
- Cook/prepare at least 1 meal together per day (breakfast, lunch, or dinner)
- Eat breakfast, lunch, or dinner together each day (choose 1 or 2 family meals)
- Television/Streaming (Allow your child to choose which show/movie to watch)
- Read a picture book, an e-book, or 1 chapter from a chapter book to your child(ren)
- Write a letter or note to first responders (city police and/or fire or hospital workers) to thank them for their service

### Chores

- Clean the:
  - Kitchen
  - Bathroom
  - Bedroom
  - Common area

### Personal/Individual Time

- Eat 1 or 2 meals alone
- Play video games
- Spend time on social media
- Watch TV/stream shows
- Take a nap

### Learning Time

- Watch educational videos (parents or teachers can preselect videos)
- Complete online assignments
- Complete online educational scavenger hunts

# Sample Schedule(s)

Offered by the Khan Academy

## PRESCHOOL, KINDERGARTEN, 1ST GRADE AND 2ND GRADE

Time	Activity
8am - 9am	Breakfast/Get ready (Yes. Change out of PJs)
9am - 9:30am	<p><a href="#">Khan Academy Kids</a> (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the standards in first grade in math, reading, writing and social emotional learning.</p> <p>For students with stronger literacy and motor skills:  Khan Academy <a href="#">kindergarten</a>, <a href="#">1st grade</a> and <a href="#">2nd grade</a> math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that <a href="#">we've seen teachers use to great effect</a> is to have <b>all</b> students start on <a href="#">kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc. This helps ensure that older students are filling in any knowledge gaps that may have accumulated. It also helps build momentum and confidence.</p> <p>Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p>
9:30am - 10am	<p>Outdoor activity</p> <ul style="list-style-type: none"> <li>• Do chalk activities on the concrete</li> <li>• Water flowers/plants</li> <li>• Have a water balloon fight</li> <li>• Jump rope</li> <li>• Play hopscotch</li> </ul>
10am - 10:30 am	<p>Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.</p> <p>Suggested books (by reading level):</p> <ul style="list-style-type: none"> <li>• There are 100+ books that students can read or have read to them on <a href="#">Khan Academy Kids</a></li> <li>• The <a href="#">ALSC summer reading</a> list is also a great resource</li> </ul>
10:30am - 11:20am	<p>Break</p> <ul style="list-style-type: none"> <li>• Make a healthy snack with a parent</li> <li>• Do 25 jumping jacks</li> <li>• Play head, shoulders, knees &amp; toes</li> <li>• Draw a spring picture</li> </ul>
11:20am - 12pm	<p>Writing practice</p> <ul style="list-style-type: none"> <li>• Write and illustrate a story about someone having a funny adventure.</li> <li>• Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.</li> </ul>
12pm - 1pm	<p>Lunch - Listen to an educational podcast! Try <a href="#">Wow in the World!</a> If you like science, <a href="#">Stories Podcast</a> or <a href="#">Circle Round</a> to hear a story, or <a href="#">Noodle Loaf</a> to learn about music!</p>
1pm-7pm	<p>Relax and spend time with family</p> <ul style="list-style-type: none"> <li>• FaceTime or call an elderly relative</li> <li>• Talk with family about how your day went</li> <li>• Pick out your clothes for the next day (for example: wacky tacky day, favorite costume day, etc.)</li> <li>• Help prepare a simple dinner</li> <li>• Eat dinner with family</li> </ul>
7-8pm	Lights out, time to sleep!

## 3RD GRADE, 4TH GRADE & 5TH GRADE

Time	Activity
8am — 9am	Breakfast/Get ready for an awesome day! And yes, change out of PJs 😊
9am — 9:40am	<p>Assuming you've gotten a good night of sleep, your thinking will be sharpest in the morning so let's start the day strong with some math! Whoo hoo!</p> <p>Khan Academy math practice has got your back. Depending on your confidence and grade level, one of the following courses are likely good for you:</p> <ul style="list-style-type: none"> <li>• 2nd grade math</li> <li>• <a href="#">3rd grade math</a></li> <li>• <a href="#">4th grade math</a></li> <li>• <a href="#">5th grade math</a></li> </ul> <p>One practice that <a href="#">we've seen teachers and students use to great effect</a> is to start, regardless of age, on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc.</p> <p>Course challenges and unit tests can be used to accelerate through material. If you don't have too many gaps, you should be able to get through a previous year's content in 1-3 hours. If you do have gaps, it may take a bit longer, but that is good! This is your chance to fill in those gaps that might otherwise hold you back in the future.</p> <p>You'll see that if you are able to put in at least a solid 30 minutes a day of math practice and keep leveling up skills, you'll see big gains and, most importantly, really see the world in new and exciting ways!</p> <p>One you are at your grade level, try to set a goal of leveling up at least 3 skills a week.</p>
9:40am — 10am	<p>Outdoor activity</p> <ul style="list-style-type: none"> <li>• Do chalk activities on the concrete</li> <li>• Plant a garden</li> <li>• Have a water balloon fight</li> <li>• Jump rope</li> <li>• Play hopscotch</li> <li>• Race a sibling</li> </ul>
10am — 10:30 am	<p>We just released the first version of reading comprehension practice on Khan Academy. It is grouped by grade level:</p> <ul style="list-style-type: none"> <li>• 2nd grade</li> <li>• 3rd grade</li> <li>• 4th grade</li> <li>• 5th grade</li> <li>• 6th grade</li> <li>• 7th grade</li> <li>• 8th grade</li> </ul> <p>We recommend starting at your grade level and doing 1-2 practice sets per day (or 10 practice sets per week). This should take about 10-20 minutes per day. If you find it difficult, completely okay to start at an earlier grade level. Likewise, if you find the passages and questions to be easy, feel free to move to higher grade levels.</p>
10:30am — 11am	<p>Silent reading. Curl up with a favorite book or magazine. Here is a great list of titles that you might want to get your hands on:</p> <p><a href="http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades3-5.pdf">http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades3-5.pdf</a></p>
11am — 11:20am	<p>Break</p> <ul style="list-style-type: none"> <li>• Make a healthy snack</li> <li>• Do 25 push-ups</li> <li>• Create a 10-minute dance routine</li> </ul>
11:20am — 11:40am	<p>Khan Academy Grammar: <a href="https://www.khanacademy.org/humanities/grammar">https://www.khanacademy.org/humanities/grammar</a></p> <p>Recommend starting by taking the course challenge a few times to figure out what you know and don't know.</p>
11:40 am — 12pm	<p>Journaling/writing. Things to write about/prompts:</p> <ul style="list-style-type: none"> <li>• Write an adventure story about staying at home.</li> <li>• What are you excited about?</li> <li>• Write a letter to yourself 10 years in the future. What do you want to tell your future self?</li> <li>• How do you think the world will be different after the novel coronavirus?</li> </ul>
12pm — 1pm	Lunch - Listen to an educational podcast! Try Brains On! if you like science. Try Forever Ago if you like history. Try Story Pirates to hear funny stories written by kids.
1pm-2pm	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• <a href="#">Code.org Express course</a> (block based for beginners).</li> <li>• <a href="#">Khan Academy computer programming</a>, (text based for beginners to intermediate)</li> </ul> <p>Programming computers is far more fun and creative than you probably ever imagined. Both these resources start by creating fun cartoons and animations and work your way up to creating fun games that your friends can play.</p>
2pm-8pm	<p>Relax and spend time with family</p> <ul style="list-style-type: none"> <li>• FaceTime or call an elderly relative or a friend from school</li> <li>• Talk with family about how your day went</li> <li>• Pick out your clothes for the next day (for example: wacky tacky day, favorite costume day, etc.)</li> <li>• Help prepare your favorite dinner</li> <li>• Wash dishes and clean the kitchen</li> <li>• Eat dinner with family</li> </ul>
8-9pm	Lights out, time to sleep!

# RESOURCES

## **Michelle Obama will read children's books on the internet this spring**

Every Monday between April 20 and May 11 at 11 a.m. CST, [Former First Lady Michelle Obama](#) will host weekly story time for children. To learn more about "[Mondays with Michelle Obama](#)," catch the livestream on [PBS Kids' Facebook page](#) and [YouTube channel](#), or the Penguin Random House [Facebook page](#).

## **Watch recordings of Birmingham community members read children's books**

Birmingham's Barrett Elementary has invited the community to record themselves reading a picture book to help students improve their reading. Join your child or children in this fun activity. Visit the school's website [here](#). Once on the website, scroll down to "Read to Me" on the left side to see the videos. (To upload a video of you reading a picture book, post the videos to the school's Facebook page [here](#). Videos should not be longer than 5 minutes.)

## EDUCATION

### **Stay Connected with Birmingham City Schools**

<https://www.bhamcityschools.org/Page/38973>

### **Free online books via Audible**

[www.audible.com](http://www.audible.com)

### **Free online books via Scholastic.com**

(<https://classroommagazines.scholastic.com/support/learnathome.html>)

### **Free guitar lessons** (From beginners to advanced)

<https://www.fender.com/articles/how-to/free-guitar-lessons>

### **Sample schedules offered by the Khan Academy**

<https://www.khanacademy.org/about/blog/post/611770255064350720/remote-learning-with->

## GIVING BACK

**Write a letter, short note, or make a video** to thank the Birmingham Police Department for being on the front lines during the Covid-19 crisis. Send letters and more to [ariana.garza@birminghamal.gov](mailto:ariana.garza@birminghamal.gov).

**Send a note or a photo of your favorite art work to Birmingham Mayor Randall L. Woodfin, the Birmingham Fire & Rescue, 911 workers, Public Works and other employees** working day and night to keep the city running during the crisis. Send emails to [opi@birminghamal.gov](mailto:opi@birminghamal.gov).



# TEENS & TWEENS

## Activities Recommendations

### Education

- School Work
- History, Reading, Arts (Humanities)
  - Google Arts and Culture
  - Ben's Guide to the US Government
  - Hoopla
  - Drama for Students
- Foreign Languages
  - Mango Languages
- General
  - Khan Academy
  - Homework Alabama
  - Kanopy
  - LRNG
  - Google Earth Education Resources
  - BrainPOP
- Science and Technology
  - Google CS First  
(Check out Birmingham Public Library's blog for a CS First classroom)
  - Google Applied Digital Skills
  - Google Be Internet Awesome (Interland Game)
  - Sense-lang.org
  - Sparticl
  - Codecademy (also an app)
  - Code.org

### Cultural Arts

- Legos
- Calligraphy
- Play music
- Adult Coloring Pages
- Photography with BPL Photo Challenges
- Draw
  - Doodle 4 Google
  - Google Canvas
  - Google Quick Draw
- Crafts
  - Origami
  - Pinterest

### Athletics & Recreation

- Yoga
- Dance
- Hiking
- Go for a walk but remember to practice social distancing
- Stretches
- Bike
- Play outside

### Technology

- Coding
- Phone Apps
- TV
- Video Games

### Health & Wellness

- Cook healthy meals
- Come up with different fitness workouts in the form of obstacle courses
- Try Meatless Mondays
- Increase water intake
- Closely monitor your calorie intake and decide what you can reduce calories
- Meditate in a quiet space
- Embrace positive affirmations
- Get moving at least twice a week and try to increase physical activity

### Free Play

- Explore the outdoors with play, exercise, yard work, etc. **(No electronics.)**
- Cook/Bake
- Have older teens teach younger kids or adults a new skill
- Crafts (Pinterest)
- Board Games
- Crochet



# Sample Schedule(s)

Time	Activity
7:00-8:30	Breakfast & Free Play
8:30-10:00	<b>Education</b> <ul style="list-style-type: none"> <li>School Work</li> <li>History, Reading, Arts (Humanities)               <ul style="list-style-type: none"> <li>o Google Arts and Culture</li> <li>o Ben's Guide to the US Government</li> <li>o Hoopla</li> <li>o Drama for Students</li> </ul> </li> <li>Foreign Languages               <ul style="list-style-type: none"> <li>o Mango Languages</li> </ul> </li> <li>General               <ul style="list-style-type: none"> <li>o Khan Academy</li> <li>o Homework Alabama</li> <li>o Kanopy</li> <li>o LRNG</li> <li>o Google Earth Education Resources</li> <li>o BrainPOP</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>Science and Technology               <ul style="list-style-type: none"> <li>o Google CS First (check out Birmingham Public Library's blog for a CS First classroom)</li> <li>o Google Applied Digital Skills</li> <li>o Google Be Internet Awesome (Interland Game)</li> <li>o <a href="https://sense-lang.org">Sense-lang.org</a></li> <li>o Sparticl</li> <li>o Codecademy (also an app)</li> <li>o <a href="https://code.org">Code.org</a></li> </ul> </li> <li>Science and Technology               <ul style="list-style-type: none"> <li>o Google CS First (check out Birmingham Public Library's blog for a CS First classroom)</li> <li>o Google Applied Digital Skills</li> <li>o Google Be Internet Awesome (Interland Game)</li> <li>o <a href="https://sense-lang.org">Sense-lang.org</a></li> <li>o Sparticl</li> <li>o Codecademy (also an app)</li> <li>o <a href="https://code.org">Code.org</a></li> </ul> </li> </ul>
10:00-10:30	Snack
10:30-11:30	<b>Cultural Arts</b> <ul style="list-style-type: none"> <li>Play music</li> <li>Crafts               <ul style="list-style-type: none"> <li>o Origami</li> <li>o Pinterest</li> </ul> </li> <li>Adult Coloring Pages</li> <li>Draw               <ul style="list-style-type: none"> <li>o Doodle 4 Google</li> <li>o Google Canvas</li> <li>o Google Quick Draw</li> </ul> </li> <li>Legos</li> <li>Play-Doh</li> <li>Calligraphy</li> <li>Watercolor Pencils</li> </ul> <ul style="list-style-type: none"> <li>Photography               <ul style="list-style-type: none"> <li>o BPL Photo Challenges</li> </ul> </li> <li>Write journal entries about what you are experiencing during COVID-19.</li> <li>Create a self- portrait with objects found around the house (buttons for eyes, dimples and flowers for hair, etc.)</li> <li>Conduct oral history interview with parents or grandparents</li> <li>Write poetry</li> <li>Create a Tik Tok</li> </ul>
11:00-12:00	<b>Athletics &amp; Recreation</b> <ul style="list-style-type: none"> <li>Yoga</li> <li>Stretches</li> <li>Dance</li> </ul> <ul style="list-style-type: none"> <li>Go for a walk (remember social distancing)</li> <li>Bike</li> <li>Hiking</li> <li>Complete a high-intensity workout</li> </ul>
12:00-1:00	Lunch <i>See Resource List</i>
1pm-2pm	<b>Technology</b> <ul style="list-style-type: none"> <li>Coding</li> <li>Build your personal and professional skills by completing a playlist on LRNG</li> <li>Use phone Apps</li> <li>Use your library card to stream a movie on Kanopy</li> </ul> <p>Joint Play: Do Something Together</p> <ul style="list-style-type: none"> <li>Cook/Bake</li> <li>Have older teens teach younger kids or adults a new skill</li> <li>Crafts (Pinterest)</li> <li>Board Games</li> </ul>
2pm-3pm	<b>Health &amp; Wellness</b> <ul style="list-style-type: none"> <li>Cook healthy meals</li> <li>Come up with different fitness workouts in the form of obstacle courses</li> <li>Try Meatless Mondays</li> <li>Drink Water-Only for a day</li> </ul> <ul style="list-style-type: none"> <li>Closely monitor your calorie intake for the day and possibly challenge yourself to stay within a certain range</li> <li>Deep cleanse your face</li> <li>Meditate</li> <li>Read affirmations</li> </ul>
3pm-4pm	<b>Joint/Free Play</b> <p>Pick a joint or free play activity and decide to do it together or to let them go solo. NO ELECTRONICS!!</p> <ul style="list-style-type: none"> <li>Cook/Bake</li> <li>Have older teens teach younger kids or adults a new skill</li> <li>Crafts (Pinterest)</li> <li>Board Games</li> </ul>
4pm-5pm	<b>Technology</b> <ul style="list-style-type: none"> <li>Coding</li> <li>Build your personal and professional skills by completing a playlist on LRNG</li> </ul> <ul style="list-style-type: none"> <li>Phone Apps</li> <li>Use your library card to stream a movie on Kanopy</li> </ul>

# RESOURCES

## Education

**Expand your writing and/or art skills** by sending a note or a photo of your art to Birmingham Mayor Randall L. Woodfin, the Birmingham Fire & Rescue, 911 workers, Public Works and other employees working day and night to keep the city running during Covid-19. Send emails to [opi@birminghamal.gov](mailto:opi@birminghamal.gov).

**Book-based activities for grades 6-9:**

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>

[http://www.amazingeducationalresources.com/?fbclid=IwAR2IsrWgoDfPwkc6zO5IGESojur9QeKb\\_XJnG3Xyht-l1fo-tKZHRVuJYXD5](http://www.amazingeducationalresources.com/?fbclid=IwAR2IsrWgoDfPwkc6zO5IGESojur9QeKb_XJnG3Xyht-l1fo-tKZHRVuJYXD5)

**How parents can help children with reading comprehension:**

[https://about.readworks.org/parents\\_remote.html](https://about.readworks.org/parents_remote.html)

**"Finding Your Roots," a PBS show that celebrates celebrities' family histories:**

<https://www.pbs.org/show/finding-your-roots/>

**Goal setting for teens:** <https://www.teensmartgoals.com/goal-setting-for-teens>

**How teens can achieve their goals:** <https://www.teensmartgoals.com/5-smart-goals-examples-for-teens>

**Practice questions for the ACT:**

[https://academy.act.org/?\\_ga=2.170964328.971805959.1585841850-1287763364.1585841850](https://academy.act.org/?_ga=2.170964328.971805959.1585841850-1287763364.1585841850)

**Free practice tests for the ACT:** <https://www.kaptest.com/act/free/act-practice>

**Free PSAT and SAT practice tests:** <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>

**Financial literacy for teens:**

<https://www.transunion.com/blog/life-events/financial-literacy-teens-learning-basics>

<http://www.ala.org/pla/resources/tools/youth-services/teen-financial-literacy>

**Learn what career is right for you:**

<https://www.wrksolutions.com/for-individuals/career-exploration/when-i-grow-up>

**Career planning for high school students:**

<https://www.bls.gov/careeroutlook/2015/article/pdf/career-planning-for-high-schoolers.pdf>

**Virtual college campus tours:**

[https://www.youtube.com/results?search\\_query=virtual+college+campus+tour](https://www.youtube.com/results?search_query=virtual+college+campus+tour)

**Learn a foreign language:**

[www.learnalanguage.com](http://www.learnalanguage.com) and [www.memrise.com](http://www.memrise.com)

**Have a library card? Check out these e-books and audiobooks:**

<https://libbyapp.com/welcome>

**Learn how laws are made and more with Ben's Guide to the U.S. Government**

<https://bensguide.gpo.gov/>

**Khan Academy**

<https://www.khanacademy.org/>

## Athletics & Recreation

**Ideas for student activities at home:** <https://www.scholastic.com/teachers/student-activities/>

**Train like a celebrity:** <https://www.youtube.com/watch?v=Pvr9fU2Kgjs>

**Eight-minute workout for teens:** <https://www.youtube.com/watch?v=ixjdNUtWN-Y>

**30-minute hip hop workout with Mike Peele:** <https://www.youtube.com/watch?v=ZWk19OVon2k>

## Technology

**Free coding classes for kids:** <https://codewizardshq.com/coding-for-kids-free/>

**Explore animation design, photography, film, business and writing:** <https://www.skillshare.com/>

**Free Ivy League courses:**

<https://classroommagazines.scholastic.com/support/learnathome.html>

**Free online courses from Ivy League schools:**

[https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/?fbclid=IwAR1tlh3BhyKovVBtpNMLMAhTPpm\\_7S\\_RDeda4NQyLBiDAXKmWmrzn2c9e8](https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/?fbclid=IwAR1tlh3BhyKovVBtpNMLMAhTPpm_7S_RDeda4NQyLBiDAXKmWmrzn2c9e8)

**How to build your first app:** [www.appinventor.mit.edu](http://www.appinventor.mit.edu)

**How to create animation:** [www.alice.org](http://www.alice.org)

**Learn about web design:** [www.vidcode.com](http://www.vidcode.com)

**Learn more about Ed Farm Pathways Program, a free course that focuses on Apple's Swift programming language and employability skills. For 18 years old and up. Registration is now open:**  
[www.edfarm.org/programs/pathways](http://www.edfarm.org/programs/pathways)

**Earn college credit through LRNG digital learning:** [www.lrng.com](http://www.lrng.com) Network: Birmingham

## Cultural Arts

**Take a virtual field trip to the world's best museums:**

<https://yourteenmag.com/coronavirus/virtual-field-trip>

**Free online art lessons from UAB staff and artists:** <https://www.uab.edu/news/arts/item/11214-take-a-free-arts-lesson-online-from-uab-s-teaching-artists-and-staff>

**National Museum of African American History & Culture (Online Gallery):**

<https://nmaahc.si.edu/explore/collection>

**Free online poetry and fiction classes for teen writers:**

[www.pomegranatewords.com](http://www.pomegranatewords.com)

**Hip Hop songwriting:**

[www.writetheworld.com](http://www.writetheworld.com)

## Health & Wellness

**Eight things to do with your teen while they're home:**

<https://evolvetrement.com/blog/things-to-do-teen-covid19/>

**50 affirmations for teens:** <https://blog.mindvalley.com/affirmations-for-teens/>

**Affirmations for students:** <https://7mindsets.com/affirmations-for-students/>

**Affirmations for my teenage son:** <https://www.divaswithapurpose.com/build-my-teen-son-self-esteem/>

**Game of Taboo:** <https://playtaboo.com/playpage>

**Charades:** <http://www.playcharades.net/>

**Vision board project:**

[http://sphs.sharylandisd.org/UserFiles/Servers/Server\\_416442/File/Faculty/Villarreal,%20Nicole/Your%20Vision%20Board%20Project%20Directions.pdf](http://sphs.sharylandisd.org/UserFiles/Servers/Server_416442/File/Faculty/Villarreal,%20Nicole/Your%20Vision%20Board%20Project%20Directions.pdf)

**Self-care tips for high school students:**

<https://ingeniusprep.com/blog/self-care-tips-for-high-school-students/>

**More than 80 self-care activities for teens:**

<https://www.kiddiematters.com/80-self-care-activities-teens/>

**How teenagers can protect their mental health during COVID-19:**

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

# LETS TALK ABOUT IT...

## TALKING TO KIDS ABOUT COVID-19



### **What the CDC says:**

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html)

### **How to cope with COVID-19:**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

### **A comic explores the coronavirus**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### **Tips for caregivers, parents and teachers during infectious disease outbreaks:**

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

### **15 free resources on how parents can talk to children about COVID-19**

<https://rednoseday.org/news/how-talk-your-children-about-coronavirus-15-free-resources-parents>

### **UNICEF: How teachers can talk to children about COVID-19**

<https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

# ADDITIONAL RESOURCES

## **Birmingham City Schools**

<https://www.bhamcityschools.org/>

## **Google Arts and Culture**

<https://artsandculture.google.com/>

## **Ben's Guide to the US Government**

<https://bensguide.gpo.gov/>

## **Hoopla**

<https://www.hoopladigital.com/>

## **Drama for Students**

<https://encore.bham.lib.al.us/iii/cas/login?service=https%3A%2F%2Fvulcan.bham.lib.al.us%3A443%2Fpatroninfo~S1%2F0%2Fredirect%3D%2Fwamvalidate%3Furl%3Dhttp%253A%252F%252F0-go.galegroup.com.vulcan.bham.lib.al.us%253A80%252Fps%252FaboutSeries.do%253Fin-PS%253Dtrue%2526prodId%253DGVRL%2526userGroupName%253Dbpl50399%2526seriesId%253D0QLZIIITICKET&scope=1>

*If direct link does not work, please use the BPL Databases link and find by name or Database Quick Links.*

## **Mango Languages**

<https://encore.bham.lib.al.us/iii/cas/login?service=https%3A%2F%2Fvulcan.bham.lib.al.us%3A443%2Fpatroninfo~S1%2F0%2Fredirect%3D%2Fwamvalidate%3Furl%3Dhttp%253A%252F%252F0-connect.mangolanguages.com.vulcan.bham.lib.al.us%253A80%252Fbirmingham-al%252FstartIIITICKET&scope=1>

*If direct link does not work, please use the BPL Databases link and find by name or Database Quick Links.*

## **Khan Academy**

<https://www.khanacademy.org/>

## **Homework Alabama**

<https://aplsws1.apls.state.al.us/aplsnew/homework/>

## **Kanopy**

<https://birminghampl.kanopy.com/>

## **LRNG**

<https://www.lrng.org/>

## **Google Earth Education Resources**

<https://www.google.com/earth/education/resources/>

## **BrainPOP**

<https://www.brainpop.com/>

**Google CS First** (check out Birmingham Public Library's blog for a CS First classroom)

<https://csfirst.withgoogle.com/login>

## **Google Applied Digital Skills**

<https://applieddigitalskills.withgoogle.com/s/en/home>

## **Google Be Internet Awesome** (Interland Game)

[https://beinternetawesome.withgoogle.com/en\\_us/interland](https://beinternetawesome.withgoogle.com/en_us/interland)

## **Sense-lang.org**

<https://sense-lang.org/>

## **Codecademy** (also an app)

<https://www.codecademy.com/>

## **Code.org**

<https://code.org/>

## **Pinterest**

<https://www.pinterest.com/>

## **Google Canvas**

<https://canvas.apps.chrome/>

## **Google Quick Draw**

<https://quickdraw.withgoogle.com/>

## **BPL Blog**

<https://bplolinenews.blogspot.com/>

## **BPL Online**

<http://www.bplonline.org/>

## **BPL Databases**

<http://www.bplonline.org/virtual/databases/>

## **BPL Middle School Databases**

<http://www.bplonline.org/virtual/databases/default.aspx?p=5&q=2>

## **BPL High School Databases**

<http://www.bplonline.org/virtual/databases/default.aspx?p=5&q=3>

## **Flipster Magazines**

<http://www.bplonline.org/virtual/databases/default.aspx?p=3&q=243>

## **Quick Links:**

### **Jigsaw Puzzles**

[jigsawexplorer.com](http://jigsawexplorer.com)

### **Create Your Own Puzzles**

<http://puzzlemaker.discoveryeducation.com/>

### **Freegal**

<https://bham.freegalmusic.com/home>



# ADULTS & ELDERS

## Activities Recommendations

- Go for a walk in your neighborhood
- Play a board/card game
- Create a board/card game
- Crossword Puzzles: USA Today usually has free crossword and other puzzle games online
- Chair Exercises for Seniors
- Start Birdwatching: The Audubon Society has a great page on starting birdwatching online
- Learn Origami: This is a great way to pass the time and work out your brain
- Draw/Paint
- Read a book
- Explore the Outdoors: Popular Science has an article on safe outdoor activities during COVID-19 online
- Scavenger Hunts: Can be done indoors or outdoors. Put together a Birmingham Scavenger Hunt of historic sites (parks, buildings, landmarks) and you can do it without ever having to leave the car
- Create a music bingo game: Create your own bingo sheets and then use a smart device or services like Pandora, Spotify, Hoopla, or Freegal to listen to music and see who wins

### Technology

- Listen to an Audiobook—The Libby app allows anyone with a library card to borrow e-books and audiobooks from their local library for free
- Birmingham's Barrett Elementary invites you to record yourself reading a picture book to help students improve their reading. To upload a video of you reading a picture book, post the videos to the school's Facebook page here. Videos should not be longer than 5 minutes. To see the videos, visit the school's website here. Once on the website, scroll down to "Read to Me" on the left side to see the videos.
- Start a Blog/Vlog—There are several free blogging websites to get started, or record yourself using your computer or phone to start a video blog, or vlog

- Watch TED Talks—Listen to experts discuss many interesting topics online
- Enjoy entertaining or educational podcasts —There are thousands of podcasts with different topics. Access them on an iPhone in the Podcasts app, or Google Podcasts on an Android
- Listen to Freegal Music with your library card
- Watch an online movie with Kanopy or Hoopla with your library card

### Education and Professional Development

- Learn a new language— Use your library card to try the free app/website for Duolingo and Mango Languages
- Read magazines online for free with Flipster. Use your library card
- Learn a New Skill - Learning Express Library is free with your library card
- Take a class with Gale Udemy - The world's largest selection of courses are free with your library card

### Health and Wellness

- Start an Herb Garden
- Meditation—Mindful has a lot of great resources on meditation and other health tips online
- Stretching—Silver Sneakers is a great resource for senior adult health and wellness and they have great articles on all kinds of activities including stretching online
- Yoga—Yoga Journal is a great online resource for beginners as well as more seasoned yoga enthusiasts
- WebMD: Constant updating on COVID-19 situation

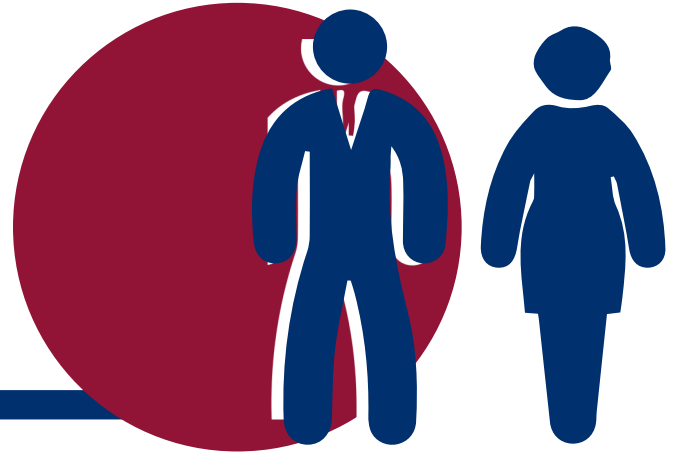
## Cultural Arts

- Take virtual tours of museums and cultural institutions—Many museums and historic sites are offering virtual tours online, projects, programs and activities catered to the entire family:
  - National Trust for Historic Preservation: Has virtual tours, a list of historical fiction books to check out, and historic preservation activities for kids and adults
  - American Alliance of Museums
  - Encyclopedia of Alabama: Outstanding site for those interested in learning about the state of Alabama
  - Alabama History at Home: Loaded with lots of projects for individuals of all ages
  - Birmingham Civil Rights Institute
  - Huntsville Space and Rocket Center
  - Southern Museum of Flight
  - Alabama Jazz Hall of Fame: Live streaming of jazz music
  - Sloss Furnaces National Historic Landmark
  - Travel and Leisure also has listed museums from across the world that are offering virtual tours online
- Conduct an oral history of another person in house: Now is a perfect time for adults and seniors to record their life stories. This can be done by writing it down or video recording the person. Can be done in person, over the phone, Zoom, Facetime, etc. The interviewer can be an adult or child, who prepares questions in advance. Interview should be held just like a conversation. Have fun with it. Genealogy.com has great tips on oral histories online
- Create a collage from magazines, newspapers, or junk mail—Use any old magazines, newspapers, etc. to make a collage that showcases your life, hobbies, interests, family, or even neighborhood or city.
- Write short stories: Writer's Digest has lots of great resources on writing, including prompts for short stories
- Make a family cookbook: Record everyone's favorite recipe in a notebook. Perfect activity for seniors wanting to pass down treasured recipes
- Write an autobiography: Get a notebook and start writing down your life story
- Delivery projects: Check with United Way to see if they need volunteers. If you want to deliver food to those in need, consider adding a friendly note, puzzles, sticker/coloring books, crayons, craft items, Legos, playing cards, writing materials (notebook, pen), and small board games to the package.
- Pen Pal Program: Find a pen pal in Birmingham! Sign up to have your name and address paired with another person in Birmingham to write letters. Meet someone new, share your story, or just find someone to write letters.





# ADULTS



## ADULT SAMPLE SCHEDULE

Time	Activity
8:00-9:00am	Wake Up and Have Breakfast
9:00-10:00am	Relaxation—Stretching/Yoga
10:00-11:00am	Creative Time—Scrapbook/Write/Art
11:00am-12:00pm	Education Time—Visit a Virtual Museum/Work on Learning a Skill, Hobby, Language, etc./Watch a TED Talk
12:00-1:00pm	Lunch
1:00-2:00pm	Chores—Cleaning/Laundry/Yard Work
2:00-3:00pm	Hobby Time—Read/Draw/Birdwatch/Photography/Any Favorite Pastime
3:00-4:00pm	Tell Your Story—Write a Blog Post/Record a Story/Work on an Autobiography/Oral History Project
4:00-5:00pm	Outdoor Time—Work on Herb Garden/Go for a Walk/Sit Outside with some Tea or Coffee
5:00-6:00pm	Dinner
6:00-8:00pm	Watch a TV Show or Movie
8:00-9:00pm	Relaxation—Meditation
9:00PM	Bedtime

# FREE EDUCATION AND PROFESSIONAL DEVELOPMENT SITES

**www.edx.org** - Free online courses that range from professional development to fashion design

**www.coursera.org** – These courses are taught by instructors at top institutions like MIT and Harvard. Courses lean mostly technical, IT and engineering, but also offer management, public administration and professional development options

**www.udemy.com** - Online learning courses that run from basic ukulele instruction to advanced business analytics

**www.skillshare.com** - Thousands of courses focused mainly on the creative arts. Instruction covers production, design, writing, editing and storytelling. Classes are taught by industry insiders. It's a mix of paid and free content. However, the free content offerings are numerous.

**www.sophia.org** – Thirty free classes will be offered until July 31, 2020. These courses may be transferred for college credit: business, English and communication, humanities, math and science.

**www.linkedin.com/learning** - Want to know more about LinkedIn? Check out this free, one-month trial. There are over 15,000 expert-led courses. Certificates upon course completion. Courses cover a full-range of business and technical topics

**Tips on how to effectively work from home:** <https://www.babypalooza.com/10-work-at-home-strategies-when-everybody-is-home/>

## GIVING BACK

**Write a letter, short note, take a photo of your child's art work or make a video** to thank the Birmingham Police Department for being on the front lines during the Covid-19 crisis. Send letters and more to [Ariana.garza@birminghamal.gov](mailto:Ariana.garza@birminghamal.gov).

**Send a note to Birmingham Mayor Randall L. Woodfin, the Birmingham Fire & Rescue, 911 workers, Public Works and other employees** working day and night to keep the city running during the crisis. Send emails to [opi@birminghamal.gov](mailto:opi@birminghamal.gov).

**Five ways to pay it forward as a neighbor during Covid-19:**

<https://www.realtysouth.com/pages/real-estate-advice/5-ways-to-be-a-neighbor-and-pay-it-forward?locale=en>

**The sites below allow you to give tips to restaurant servers during Covid-19 and for servers to find help during the crisis:**

<https://ofwemergencyfund.org/>

<https://www.restaurantworkerscf.org/>

<https://www.restaurantworkerscf.org/covid19faq>

# RECREATIONAL IDEAS

**Free hip hop, HIIT, dance cardio and yoga workouts from Pop Sugar:**

<https://www.youtube.com/watch?v=8PISPefC2Jw>

**Free games and puzzles:**

<https://puzzles.usatoday.com/> (This new link works.)

**Explore the outdoors safely:**

<https://www.popsci.com/story/environment/lockdown-coronavirus-covid-go-outside/>

**Family scavenger hunt:** [www.verywellfamily.com/family-scavenger-hunt-1270424](http://www.verywellfamily.com/family-scavenger-hunt-1270424)

**Yoga:** [www.yogajournal.com](http://www.yogajournal.com)

**Arts, crafts, writing, public speaking, etc.**

**Scrapbooking/crafting:** [www.mybluprint.com](http://www.mybluprint.com)

**Blog creation:** [www.wordpress.com](http://www.wordpress.com)

**TED Talks:** [www.ted.com/talks](http://www.ted.com/talks)

**Learn a new language:** [www.duolingo.com](http://www.duolingo.com)

**How to create your own cookbook:** [www.createmycookbook.com](http://www.createmycookbook.com)

**Birmingham Public Library:** [www.cobpl.org](http://www.cobpl.org)

**Writer's prompts:** [www.writersdigest.com](http://www.writersdigest.com)

**Origami:** [www.origami.me/diagrams](http://www.origami.me/diagrams)

## Music

**Mayor Woodfin has created a special Spotify playlist**

**Go here to hear it:** [spoti.fi/2X8Ptrl](https://open.spotify.com/playlist/2X8Ptrl)

**Freegal Music:** [www.bplonline.org/virtual/databases/default.aspx?p=3&q=228#db](http://www.bplonline.org/virtual/databases/default.aspx?p=3&q=228#db)

**Pandora Music:** [www.pandora.com](http://www.pandora.com)

**Spotify Music:** [www.spotify.com](http://www.spotify.com)

## Family Time

**Kanopy online movies:**

[www.bplonline.org/virtual/databases/default.aspx?p=3&q=285#db](http://www.bplonline.org/virtual/databases/default.aspx?p=3&q=285#db)

**Hoopla online movies and brain games:**

[www.bplonline.org/virtual/databases/default.aspx?p=3&q=290#db](http://www.bplonline.org/virtual/databases/default.aspx?p=3&q=290#db)

**Free online magazines from Flipster:**

[www.bplonline.org/virtual/databases/default.aspx?p=3&q=243#db](http://www.bplonline.org/virtual/databases/default.aspx?p=3&q=243#db)

**Birdwatching:** [www.audubon.org/birding/how-to-start-birding](http://www.audubon.org/birding/how-to-start-birding)

**Meditation:** [www.mindful.org](http://www.mindful.org)

**Trace your family's history:** [www.genealogy.com/articles](http://www.genealogy.com/articles)

**Mango Languages:** <https://learn.mangolanguages.com/login>

## Explore your favorite attractions from home

**American Alliance of Museums:** [www.aam-us.org](http://www.aam-us.org)

**Alabama History @ Home:** [www.alabamahistoryhome.org](http://www.alabamahistoryhome.org)

**Birmingham Civil Rights Institute:** [www.bcri.org/curriculum-guide](http://www.bcri.org/curriculum-guide)

**Huntsville Space and Rocket Center:**

[www.rocketcenter.com/scienceneverstops](http://www.rocketcenter.com/scienceneverstops)

**Southern Museum of Flight:** [www.southernmuseumofflight.org](http://www.southernmuseumofflight.org)

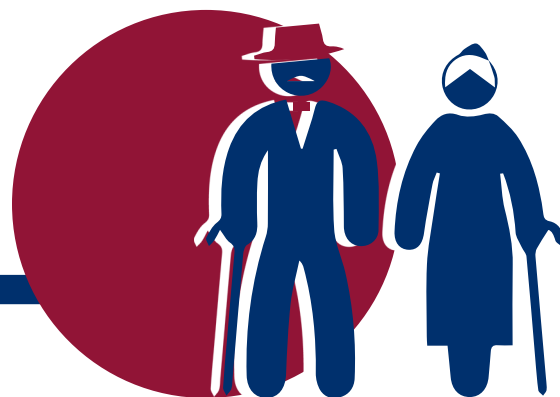
**Alabama Jazz Hall of Fame:** [www.jazzhall.com](http://www.jazzhall.com)

**Sloss Furnaces National Historic Landmark:**

[www.slossfurnaces.com/education](http://www.slossfurnaces.com/education)

**Travel and Leisure:** [www.travelandleisure.com](http://www.travelandleisure.com)

# ELDERS & SENIORS



## ELDER SAMPLE SCHEDULE

Time	Activity
8:00-9:00am	Wake Up and Have Breakfast
9:00-10:00am	Relaxation—Stretching/Yoga
10:00-11:00am	Creative Time—Scrapbook/Write Short Stories/Art
11:00am-12:00pm	Education Time—Visit a Virtual Museum/Work on Learning a Skill, Hobby, Language, etc./Watch a TED Talk
12:00-1:00pm	Lunch
1:00-1:30pm	Chores—Cleaning/Laundry/Yard Work
1:30-2:30pm	Hobby Time—Read/Draw/Birdwatch/Photography/Any Favorite Pastime
2:30-3:00pm	Chair Exercises
3:00-4:00pm	Tell Your Story—Write a Blog Post/Record a Story/Work on an Autobiography/ Oral History Project
4:00-5:00pm	Outdoor Time—Work on Herb Garden/Go for a Walk/Sit Outside with some Tea or Coffee
5:00-6:00pm	Dinner
6:00-8:00pm	Watch a TV Show or Movie
8:00-9:00pm	Relaxation—Meditation
9:00pm	Bedtime

# WEBSITES FOR SENIORS:

## **Tips for seniors at home:**

[www.pbs.org/newshour/health/4-tips-for-seniors-to-stay-connected-during-coronavirus-outbreak](http://www.pbs.org/newshour/health/4-tips-for-seniors-to-stay-connected-during-coronavirus-outbreak)

## **National Coalition on Aging:**

[www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/](http://www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/)

## **Keeping Seniors Safe, 21 ways to help:**

[www.deseret.com/indepth/2020/3/17/21182309/covid-19-coronavirus-utah-seniors-elderly-at-risk-immune-compromised-social-distancing-aarp](http://www.deseret.com/indepth/2020/3/17/21182309/covid-19-coronavirus-utah-seniors-elderly-at-risk-immune-compromised-social-distancing-aarp)

## **5 Ways Seniors Can Connect:**

[www.eraliving.com/blog/4-ways-seniors-can-connect-with-others-during-the-coronavirus-outbreak/](http://www.eraliving.com/blog/4-ways-seniors-can-connect-with-others-during-the-coronavirus-outbreak/)

## **A Guide for Seniors on Coping:**

[www.laist.com/2020/03/19/guide\\_seniors\\_mental\\_health\\_coronavirus.php](http://www.laist.com/2020/03/19/guide_seniors_mental_health_coronavirus.php)

## **How to get the internet in your home:**

<https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service>

## **Recreational activities**

**Senior Exercise and Physical Activity Resources:** [www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov)

**Stretching for Seniors:** [www.silversneakers.com/blog](http://www.silversneakers.com/blog)

**Explore art work from across the world:** <https://artsandculture.google.com/>

**Chair exercises:** [www.californiamobility.com/21-chair-exercises-for-seniors-visual-guide](http://www.californiamobility.com/21-chair-exercises-for-seniors-visual-guide)

